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# LITTLE BOOK OF THE HOLY CHILD JESUS



CANON WARMOLL

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# THE LITTLE BOOK

OF THE

## Most Holy Child Jesus.

A

*PRAYER-BOOK FOR HIS CHILDREN.*

BY

CANON WARMOLD.



Sanctissime Puer Jesu, salvos fac parvulos Tuos.  
Most Holy Child Jesus, save Thy children.

*Permissu Superiorum.*

LONDON : BURNS AND OATES,  
Portman Street and Paternoster Row.

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**Nihil obstat.**

**CHR. CANON SCOTT, S.T.D.**

**Imprimatur.**

**✠ FRANCISCUS,**  
*Ep. Northantoniensis.*

**Imprimatur.**

**HENRICUS EDUARDUS,**  
*Card. Archiep. Westmon.*

**Die 1 Nov. 1875.**



**IN HONOUR OF THE**  
**SACRED HEART OF JESUS MEEK AND HUMBLE,**  
**THE BABE OF BETHLEHEM,**  
**THE CHILD OF NAZARETH,**  
**THE GREAT AND ETERNAL GOD,**  
**I dedicate this Little Book**  
**TO ALL ENGLISH-SPEAKING CHILDREN,**  
**WITH THE EARNEST PRAYER**  
**THAT IT MAY HELP THEM TO LEARN OF HIM,**  
**WHOM TO KNOW IS LIFE ETERNAL.**

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His Eminence the Cardinal Archbishop of Westminster has been pleased to grant one hundred days' Indulgence for the recital of the prayer 'Most Holy Child Jesus, save Thy Children,' followed by one Hail Mary.

The High Altar of the Holy Child at Bedford has been erected solely by children, all of whose names are entered in a book which lies beneath the Tabernacle. This beautiful Altar is privileged by the Holy Father, who sent his special blessing to all youthful contributors. These have also a perpetual daily memento in Holy Mass.

All future contributors to the furnishing and decoration of the Altar and Sanctuary who send their names, or names and intentions, will have them entered in the same manner and become partakers of the same privileges.

## PREFACE.

---

THIS little book is not, what at first sight it may appear to be, a hasty composition, but the result of a constant intercourse with the hearts of little ones for more than a quarter of a century. It is an attempt to bring within the capacity and feeling of very youthful minds the spirit and practice of Catholic devotion.

The prayers, and especially the meditations, are intended to fall in with that rhythmical and, so to speak, tautological instinct which is observable in the expression of the young mind as it dwells upon and endeavours to grasp ideas which strike and please it.

If the attempt should prove a success,

future editions may be improved; and the Author has other things in store for young children.

J. P. W.

Bedford, Christmas, 1875.

## MORNING PRAYERS.

Away with all vain and worldly thoughts. You are  
in the Presence of the great God.

✠ In the Name of the FATHER, and of  
the SON, and of the HOLY GHOST. Amen.

My God, I offer my heart and soul to  
Thee.

Eternal FATHER, I offer my heart and  
soul to Thee.

JESUS, eternal SON, for love of me once  
a CHILD, I offer my heart and soul to Thee.

HOLY SPIRIT, eternal love of the FATHER  
and the SON, I offer my heart and soul to  
Thee.

O Blessed TRINITY, FATHER, SON, and  
HOLY GHOST, one eternal God, I offer my  
heart and soul to Thee.

My God, I believe that Thou art here

present, and that Thou seest all my heart ; with my whole heart I adore and I love Thee.

I thank Thee, because Thou hast created me to know, love, and serve Thee.

I thank Thee, because Thou hast redeemed me by the precious BLOOD, and made me Thy own.

I thank Thee, because Thou hast kept me safely through the night past, and hast given me another day in which to serve Thee.

I thank Thee humbly for all the good things Thou hast done for me and given me.

I offer Thee, poor child as I am, what Thou hast given me—my heart and my soul.

I offer Thee all my thoughts, my words and actions, all that I may have to suffer this day. Give me Thy holy grace, that I may not offend Thee now or in the time to come.

Here you can say the 'Our Father,' the 'Hail Mary' and 'Glory be to the Father,' and the 'I believe;' also, if you have time, make the following acts:

ACT OF FAITH.

My God, I firmly believe in Thee; and because Thou art the eternal Truth, I believe all that Thou dost teach me by Thy holy Church.

Strengthen my faith. In this faith I desire to live and die.

ACT OF HOPE.

My God, all my hopes are in Thee, because Thou art almighty, and art able to do what Thou hast said.

Because Thou art a God of mercy, and dost not desire that I should perish, I hope for grace here and glory hereafter.

Strengthen this hope, in which I desire to live and die.

ACT OF CHARITY.

My God, because Thou art so good, and



because Thou art so good to me, I love Thee with my whole heart. Make me to love Thee ever more and more. For Thy dear sake, I love my neighbour as myself.

Give me grace in this holy love to live and die.

ACT OF CONTRITION.

My GOD, because Thou art so very good, I am truly sorry from my heart that I have sinned against Thee. I have also deserved Thy anger and Thy dreadful punishment. I beg pardon for having sinned against Thy great goodness, and I firmly resolve, by the help of Thy holy grace, not to offend Thee any more, but to avoid all occasions of sin, for the love of Thee.

Strengthen this sorrow and this resolution in my heart every day until I die.

MARY, my dear Mother, and Mother of JESUS, my GOD and SAVIOUR, take care of me, thy child, this day, and show thyself a mother to me.

Holy Angels of God, and especially you, my dear Angel-guardian, keep me from harm this day.

All ye holy Angels and Saints of God [Here you may mention your Patron Saint, and any other you please], pray for me.

May our LORD bless us and keep us, and preserve us from all evil, and bring us to everlasting life ; and may the souls of the faithful dead, through the mercy of God, rest in peace. Amen.

Most Holy CHILD JESUS, save Thy children.

---

## NIGHT PRAYERS.

Place yourself in the presence of God.

✠ In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

My God, I believe that Thou art here, and seest all my heart. With my whole heart I adore Thee, and desire to love Thee.

I thank Thee for all Thy goodness to me through my past life, and especially during this day.

Give me grace to see how I have sinned against Thee to-day, and to be truly sorry for what I have done to offend Thee by thought, word, or deed, and also by leaving undone what I ought to have done.

Here you may examine your conduct of the day past, or say the Confiteor, 'I confess,' and make your examination at the words 'through my most grievous fault.'

#### A FEW HINTS IN EXAMINING YOUR CONSCIENCE.

##### *Grievous Sins against the Commandments which relate directly to God.*

Have you taken Almighty God's Name in vain; used bad, cursing, or swearing language; spoken irreverently of holy persons and things; said your prayers with wilful distractions; omitted by your own fault to hear Mass (if a Sunday or holiday

of obligation); eaten flesh-meat without leave (if a Friday or abstinence-day)?

*Less Sins.*

Have you through laziness neglected your prayers or religious exercises; murmured; or been impatient in time of trouble?

*Greater Sins against the other  
Commandments.*

Have you been disobedient to the plain commands of your parents and other superiors; treated or spoken of them with contempt? Have you set a bad example in any grievous matter; given way to temper so as to wish any one harm; provoked or enticed any one to mortal sin; said, or done, or thought deliberately anything impure; told lies to the injury of any one; spread evil reports out of dislike or hatred; injured any one by taking what belongs to them, or by cheating?

*Less Sins.*

Have you caused needless anxiety to those who have the care of you ; given way to impatience ; failed in kindness to others ; spoken needlessly of their faults ; said what was not true, to avoid scolding, &c. ; given way to vain thoughts ; been impatient under good advice or due correction ; indulged yourself in eating and drinking ; wasted your time ?

## ACT OF CONTRITION.

My God, because Thou art so very good, I am truly sorry from my heart that I have sinned against Thee. I have also deserved Thy anger and Thy dreadful punishment. I beg pardon for having sinned against Thy great goodness, and I firmly resolve, by the help of Thy holy grace, not to offend Thee any more, but to avoid all occasions of sin for the love of Thee. Strengthen this sorrow and this resolution in my heart every day until I die.

Here you can make Acts of Faith, Hope, and Charity,  
and use any other prayers you like.

MARY, my dear Mother, and Mother of JESUS, my GOD and SAVIOUR, take care of me, thy child, through the night, and show thyself a mother to me.

Holy Angels of God, and especially you my dear Angel-guardian, preserve me from harm of soul or body this night.

All ye Angels and Saints of GOD [Here name your Patron Saint, and any other Saint you please], pray for me.

May our LORD bless and keep us, and preserve us from all evil, and bring us to everlasting life; and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Most Holy CHILD JESUS, save Thy children.

---

## OTHER PRAYERS.

*Which may be used with Morning and Night Prayers,  
or at any other time.*

Immaculate VIRGIN MARY, my Queen and my Mother, I wish to belong always wholly to JESUS and to thee.

For this reason I give thee my eyes, my ears, my tongue, my heart, my whole self. Take care of me, and above all things guard me from sin, especially from sin against purity, which is so dear to thee.

Bless me, Daughter of the Eternal FATHER, and do not suffer me to offend my good GOD by *thought*.

Bless me, Mother of the Eternal SON, and do not suffer me to offend my good GOD by *word*.

Bless me, Spouse of the HOLY GHOST, and do not suffer me to offend my good GOD by *deed* or *omission* ; but pray for me, that I may always love Him with all my

heart, and may make Him to be loved by others.

So be it, O sweet, O faithful, O loving Virgin Mary.

TO SAINT JOSEPH.

Holy JOSEPH, Foster-father of the most Holy CHILD JESUS, by the love with which thou didst love Him whilst a Babe on earth, by the care thou didst take of Him, and by the great love thou hast to Him now in heaven, be my father and friend, pray for me now and when I die.

ANGEL-GUARDIAN.

Bless the LORD, all ye His Angels, you who are great in power, who do His word and obey the words of His mouth; especially you, my dear Guardian-angel, whom our good God has given to me.

Thou, O God, hast given Thy angel to have charge of me, to keep me in all my ways. I thank Thee for this gift. Teach



me ever to love this bright angel so dear to Thee, who, whilst he is minding me on earth, still beholds Thy face in heaven. Grant to me that I may enjoy his powerful protection all my life long, and then rejoice in his society together with all Thy holy angels for ever and ever, through JESUS CHRIST, &c.

Dear ANGEL, whom GOD has given me, bless Him, and teach me to love and bless Him too. I love thee, and I desire to love thee much more, because thou art so dear to God, and He has made me so dear to thee.

Guard and keep me from sin and danger, for JESUS' sake. When I think not of thee, forget not me.

Dear ANGEL, with what deep love thou didst adore the holy CHILD JESUS when He came into this world for me! Keep me back from doing anything which could

grieve the Heart of that Holy CHILD, my SAVIOUR and my GOD.

SAINT MICHAEL.

Glorious ARCHANGEL, Saint Michael, defend me in life and in death from the snares of the Evil One. Obtain for me the gift of humility, so that pride may never send me down into hell.

FOR PARENTS.

LORD JESUS, for love of me once a child, to do Thy FATHER's will Thou didst live on earth. That I might learn to obey, Thou wast obedient to Thy dear Mother Mary and to the holy Joseph, Thy Foster-father. Bless my dear parents, and have mercy on them. Spare them long to me, and grant that I may never give them pain or sorrow, but always obey them for Thy dear sake, JESUS CHRIST, my LORD.

---

## PRAYERS AND DEVOTIONS

TO BE KNOWN AND USED BY ALL.

## PATER NOSTER.

Pater noster, qui es in cœlis.	Our Father, who art in heaven.
Sanctificetur nomen tuum.	Hallowed be Thy Name.
Adveniat regnum tuum.	Thy kingdom come.
Fiat voluntas tua sicut in cœlo et in terra.	Thy will be done on earth as it is in heaven.
Panem nostrum quotidiana- num da nobis hodie.	Give us this day our daily bread.
Et dimitte nobis debita nostra sicut et nos di- mittimus debitoribus nostris.	And forgive us our tres- passes as we forgive them that trespass against us.
Et ne nos inducas in ten- tationem.	And lead us not into temp- tation.
Sed libera nos a malo.	But deliver us from evil.
Amen.	Amen.

## AVE MARIA.

Ave Maria, gratiâ plena :	Hail Mary, full of grace :
Dominus tecum.	the Lord is with thee.
Benedicta tu in mulieri- bus et benedictus fruc- tus ventris tui, JESUS.	Blessed art thou among women, and blessed is the Fruit of thy womb, JESUS.

<b>Sancta Maria, Mater DEI,</b>	<b>Holy Mary, Mother of</b>
<b>ora pro nobis peccatori-</b>	<b>God, pray for us sin-</b>
<b>bus, nunc et in horâ</b>	<b>ners, now and at the</b>
<b>mortis nostræ.</b>	<b>hour of our death.</b>
<b>Amen.</b>	<b>Amen.</b>

**GLORIA PATRI.**

<b>Gloria Patri et Filio et</b>	<b>Glory be to the Father,</b>
<b>Spiritui Sancto.</b>	<b>and to the Son, and to</b>
	<b>the Holy Ghost.</b>
<b>Sicut erat in principio, et</b>	<b>As it was in the beginning,</b>
<b>nunc et semper et in</b>	<b>is now, and ever shall</b>
<b> sæcula sæculorum.</b>	<b>be, world without end.</b>
<b>Amen.</b>	<b>Amen.</b>

**CREDO.**

I believe in God, the Father Almighty, Creator of heaven and earth. And in JESUS CHRIST His only Son our Lord ; who was conceived by the HOLY GHOST, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried ; He descended into hell, the third day He rose again from the dead ; He ascended into heaven, and sitteth at the right hand of God the Father Almighty ; from thence

He shall come to judge the living and the dead.

I believe in the HOLY GHOST, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

CONFITEOR.

I confess to Almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the Holy Apostles Peter and Paul, and to all the Saints, *and to you, father* [if used in confession], that I have sinned exceedingly in thought, word, and deed; *through my fault, through my fault, through my most grievous fault.* Therefore, I beseech the blessed Mary ever Virgin, the blessed Michael the Archangel, the blessed John the Baptist, the Holy Apostles Peter and Paul, and all the Saints, *and you, father* [if in confession], to pray to the LORD our God for me.

**SALVE REGINA.**

Hail, holy Queen, Mother of mercy,  
Our life, our sweetness, and our hope.  
To thee do we cry, poor banished sons of  
Eve ;

To thee do we send up our sighs, mourn-  
ing and weeping in this vale of tears.

Turn then, most gracious advocate, thine  
eyes of mercy towards us,

And after this our exile, show to us the  
blessed Fruit of thy womb, JESUS,

O most clement, most pious, most sweet  
Virgin Mary.

**MEMORARE.**

Remember, O most gracious Virgin Mary,  
that never was it known that any one who  
fled to thy protection, implored thy help,  
and sought thy intercession, was left un-  
aided. Inspired with this confidence, I fly  
unto thee, O Virgin of virgins, my Mother.  
To thee I come ; before thee I stand sinful  
and sorrowful. O Mother of the WORD In-

carnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

THE ANGELUS.

To be said three times in the day.

I. V. The Angel of the LORD announced unto Mary.

R. And she conceived of the HOLY GHOST.

Hail, Mary, &c.

II. V. Behold the handmaid of the LORD.

R. Be it done unto me according to thy word.

Hail, Mary, &c.

III. V. And the WORD was made FLESH.

R. And dwelt amongst us.

Hail, Mary, &c.

Pour forth, we beseech Thee, O LORD, Thy grace into our hearts; that we, to whom the Incarnation of CHRIST Thy Son was made known by the message of an angel, may, by His Passion and Cross, be brought to the glory of His Resurrection,

through the same CHRIST our LORD.  
Amen.

GRACE BEFORE MEALS.

Bless us, O LORD, and these Thy gifts,  
which we are about to receive of Thy  
bounty, through CHRIST our LORD. Amen.

GRACE AFTER MEALS.

We give Thee thanks, ALMIGHTY GOD,  
for all Thy benefits, who livest and reignest  
world without end ; and may the souls of  
the faithful departed rest in peace. Amen.

MAGNIFICAT.

1. My soul doth magnify the LORD,
2. And my spirit hath rejoiced in GOD  
my Saviour.
3. For He hath regarded the humility  
of His handmaid ; for behold from hence-  
forth all generations shall call me blessed.
4. For He that is mighty hath done  
great things unto me, and holy is His  
Name.



5. And His mercy is from generation to generation unto them that fear Him.

6. He hath shewed strength with His arm ; He hath scattered the proud in the imagination of their heart ;

7. He hath put down the mighty from their seat, and hath exalted the humble ;

8. He hath filled the hungry with good things, and the rich He hath sent empty away ;

9. He hath holpen His servant Israel, being mindful of His mercy.

10. As He spake unto our fathers, to Abraham and his seed for ever.

Glory be to the Father, &c.

DE PROFUNDIS,

*And Prayer for the Dead.*

Out of the depths have I cried unto Thee, O LORD ; LORD, hear my voice.

Oh, let Thine ears consider well the voice of my supplication.

If Thou, O LORD, shalt mark iniquities ;  
LORD, who shall abide it ?

For with Thee there is propitiation ; and  
because of Thy law, I have waited for Thee,  
O LORD.

My soul hath waited on His word ; my  
soul hath hoped in the LORD.

From the morning watch even until night,  
let Israel hope in the LORD.

For with the LORD there is mercy, and  
with Him is plenteous redemption.

And He shall redeem Israel from all his  
iniquities.

*V.* Eternal rest give unto them, O LORD.

*R.* And let perpetual light shine upon  
them.

*V.* May they rest in peace.

*R.* Amen.

O God, the Creator and Redeemer of all  
the faithful, grant to the souls of Thy ser-  
vants departed the remission of all their  
sins, that through pious supplications they  
may obtain the pardon which they have al-

ways desired ; who livest and reignest with  
GOD the Father, in the unity of the HOLY  
GHOST, GOD for ever and ever. Amen.

GOD THE HOLY GHOST.

Come, HOLY GHOST, fill the hearts of  
Thy faithful people, and kindle in them  
the fire of Thy love.

Send forth Thy Spirit and they shall be  
created, and Thou shalt renew the face of  
the earth.

O GOD, who didst instruct the hearts of  
the faithful by the light of the Holy Spirit,  
grant us in the same Spirit to relish what  
is right, and ever to rejoice in His consola-  
tion, through JESUS CHRIST our LORD.  
Amen.

VENI CREATOR SPIRITUS.

Come, O Creator Spirit blest,  
And in our souls take up Thy rest ;  
Come with Thy grace and heavenly aid,  
To fill the hearts which Thou hast made.

Great Paraclete, to Thee we cry,  
O highest gift of God most high,  
O Fount of life, O Fire of love,  
And sweet anointing from above.

Thou in Thy sevenfold gifts art known ;  
Thee finger of God's hand we own ;  
The promise of the Father Thou,  
Who dost the tongue with pow'r endow.

Our senses kindle from above,  
And make our hearts o'erflow with love ;  
With patience firm and virtue high  
The weakness of our flesh supply.

Drive far from us the foe we dread,  
And grant us Thy true peace instead ;  
So shall we not, with Thee for guide,  
Turn from the path of life aside.

O, may Thy grace on us bestow  
The Father and the Son to know,  
And Thee through endless times confess'd  
Of Both th' eternal Spirit blest.

32 *The Little Book of the Child Jesus.*

All glory, while the ages run,  
Be to the Father, and the Son  
Who rose from death ; the same to  
Thee,  
O HOLY GHOST, eternally.

The Acts of Faith, Hope, Charity, and Contrition  
which are in the Catechism ought to be perfectly  
known and constantly used.

# NINE MEDITATIONS

ON THE

HOLY CHILDHOOD.



## MEDITATION I.

THE STABLE AT BETHLEHEM.

*Grace to ask for : Humility.*

It is midnight.

The winter air is cold and chill.

See a comfortless stable, partly shed and partly cave, hollowed in the side of a rock.

A poor place indeed. The keen breeze finds its way in freely.

In that stable lies a BABE.

His only cradle is a manger from which cattle feed. He lies there on the rough straw—a new-born Babe.

His little limbs are wrapped around with swathing bands like the babes of the poorest.

It is JESUS, the great God of heaven, who has come to live and suffer as a little Child, that we might see how much He loves us and how He longs to be with us.



He is not alone. A gentle young Mother bends over Him.

Her eyes are full of love and worship.

A tender watchful Mother.

Earth has never before seen such a mother. There never can be another like to her, so pure, so holy, like a spotless white lily-flower amongst the dark thorns of earth.

She has no better place this night wherein to lay her new-born BABE.

It is MARY, our Mother Mary.

His Mother and our Mother for ever, evermore.

A grave peaceful man watches over them, calm in the midst of all this scene of poverty.

Nothing can disturb him, nothing daunts him, for his heart belongs to God, to that little CHILD whose Foster-father he is henceforth.

It is JOSEPH, our own dear Saint Joseph.

The stars shine right down through the worn roof from the clear cold sky.

Brighter than the stars are the angels, not only in heaven above, but unseen by us, adoring this holy CHILD, their Creator, lying in that rough manger-cradle.

He has never shown such love for those shining angels, bright sinless angels, as for us.

How we must love Him if we have hearts at all wherewith to love !

JESUS, I thank Thee for coming thus. Great GOD, how Thou hast humbled Thyself ! It seems *too much*, *too wonderful*, but I know that it is true.

Nothing is too wonderful for Thy great, Thy everlasting love.

For love of Thee I will be humble. Take away my pride and my self-will.

MARY, I thank thee and bless thee for loving GOD so nobly, so purely, so humbly, that He gave His dear Son to us through thee. Pray to that SON, that I may have grace to learn of Him and thee to be meek and humble of heart.

JOSEPH, Foster-father of JESUS, the Heart of that holy CHILD beats for me. Mary is my Mother; pray for me that I may be truly humble and belong to this Holy Family, now, and at the hour of my death, and for evermore.

Most Holy CHILD JESUS, save Thy children.

---

## MEDITATION II.

### THE SHEPHERDS.

*Grace to ask for : Holy simplicity,  
singleness of heart.*

See those good shepherds on the mountain side.

How watchfully they guard their flocks through the long drear night !

It is to keep away the robber and the wolf from their sheep that they are thus wakeful.

They are men of good-will ; their hearts are brave and pure. They are true and single-hearted men.

With care far tenderer than their own does the great God look down upon them.

Over their little fire of sticks they sing to their pipes of reed the songs of David, the shepherd-king, who slew the lion and the bear and the tall giant of Gath :

‘The Lord is my Shepherd, and I shall lack nothing.’

‘The Shepherd of Israel’ ‘slumbers not, nor sleeps.’

The sound floats on the sharp midnight air ; the watch-fire flickers, and casts long shadows out into the gloom.

In a moment a bright light flashes around them—a brightness from God.

And the Angel of God stands by them.

So sudden, so strange a sight upon this dark earth, no wonder that these simple men tremble with dread.

‘Fear not ; I bring you the good news—

the news of great joy which will be for you and for all people.

‘For this night is born for you, in the city of David, the Saviour, who is Christ the Lord. This shall be a token : you shall find the Babe wrapped in swaddling clothes, and laid in a manger.

‘And suddenly with the Angel appears a multitude of angels, praising God and saying :

‘Glory to God in the highest, and on earth peace to men of good-will.’

The shepherds stay not, nor linger with their flocks.

They hasten to the stable, and there they behold Mary, and Joseph, and the Infant lying in the manger.

Happy shepherds, pure hearts, simple souls ; after Mary and Joseph the first of earth to worship the new-born King. To please God in all their ways was the one aim of these holy men, these shepherds of Judea.

Their eyes gazed upon JESUS their Saviour, and now they dwell in His joy.

I, too, will be simple in heart, and in all things try to please Thee alone. For this, dear JESUS, give me Thy holy grace.

MARY, pray for me, that I may have a heart of good-will, that I may be pure and simple like the first worshippers of the Holy Child.

JOSEPH, to whose tender care the Good Shepherd gave Himself, take care of me ; pray for me to thy Foster-Son, that I may belong to the Holy Family now, at my death, and for evermore.

Most Holy CHILD JESUS, save Thy children.

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### MEDITATION III.

PRESENTATION OF THE HOLY CHILD IN THE  
TEMPLE.

*Grace to ask for : Readiness to do God's  
holy will.*

Let us enter the Temple of Jerusalem.

The one great house of the true God in all the earth.

Bright and rich with gold and colour and curious work.

The house of prayer, the one place of sacrifice.

The great altar of God stands there.

Crowds pass to and fro to bring their offerings or to join in the never-ending worship.

Unheeded through the crowds—unheeded because so lowly and quiet—a pair go up to the place of offering.

A maiden bearing in her arms a BABE. By her side a staid and thoughtful man.

They are Mary and Joseph, and they bring the little Jesus into the Temple.

No longer the gloomy cave.

The shepherds, their lives full of joy, have gone back to their flocks.

The Holy CHILD and His parents pass through the crowds in the stately courts of the Temple, their hearts overflowing with

joy and peace ; but so quiet and of such low estate are they, that none seem to notice them.

Yet that BABE is the LORD of the Temple, LORD of heaven and earth, of all creation. Heaven itself cannot contain His glory, nor countless angels worship Him enough or sound the praises due to Him.

It is His will to be offered thus for the love of us, with all His glory hidden, in His Temple on earth.

It is His will because it is the will of the FATHER who has loved us with an everlasting love.

The crowds know not, as they press by, that it is their SAVIOUR and GOD.

Yet Mary, whose only thought is to do the will of her SON, knows that she is offering a gift beyond all price, at once her first-born SON and her GOD.

Aged SIMEON, the holy servant of GOD, for years and years has come daily to the



Temple with the hope of seeing this holy  
BABE.

He was told by the HOLY GHOST that he should not die before he had this great joy.

And now he takes the CHILD, his LORD, in his arms, a peaceful calm flows in upon his soul, and he is ready to die when the good God wills.

ANNA, too, the aged Prophetess, for this also had waited in the Temple for long years.

Now she sees her heart's desire. She reveals the Holy CHILD to the Jews ; but little do they heed.

They are taken up with this world, and love its pomps and grandeur so well that when they look upon its LORD and MAKER they see but a little INFANT like any other child of men.

A poor INFANT in a young maiden's arms, JESUS, Thou art come to do Thy FATHER's will.

I desire to do that holy will in all things, whatever it may cost.

I offer myself to Thee; do with me what Thou seest best, now and for evermore.

Give me grace ever to say from my heart, 'Thy will be done,' and to be content.

Mary, dear Mother, forsake me not.

Joseph, be ever with me.

Most Holy CHILD JESUS, save Thy children.

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## MEDITATION IV.

### THE THREE KINGS.

*Grace to ask for : Courage in serving God.*

Behold a strange scene now, like a vision, like a beautiful dream, but all true and real.

JESUS, Mary, and Joseph are again in the poor stable-cave.

The faithful shepherds have come, have worshipped, and have gone back to their

flocks with a great strong joy in their souls.

The people of the city of David heed not.

It is, as it were, nothing to them that the SON of David, David's LORD, is born amongst them: that GOD, the eternal WORD, has become flesh, and dwells amongst them.

The thoughts and cares and short-lived joys of this world fill their hearts.

Now behold a strange sight to make one wonder.

Over the place where the young CHILD lies there shines a star of mild bright ray in the mid air.

Around the door of the rude abode stand the camels and servants and horses of the rich and great.

Three wise men, grave and noble to behold, have alighted.

Three Kings from the far-off East, bearing rich and costly presents.

They bow down low to the ground, and offer rare gifts : bright gold to the Infant KING ; sweet frankincense to God, who has come on earth ; bitter myrrh to the SON of MAN, who is to die for men.

Far have these brave hearts travelled. Over hill and plain they followed the star which guided them. They heeded not the ties of home, nor hung back from the toil and danger of a long winter's journey.

Nothing could keep them back.

Not the jeers of friends who thought them mad.

They have seen the star of the holy CHILD ; it is enough.

It told of the Light of the world, the Light of God, which was to shine in Israel, in the midst of a dark drear world ; and now they are come.

They have found the Light. It is JESUS, who is the Light of heaven.

He is in a rude stable, but they heed not its poverty.

His Mother is a poor maiden ; she wears no silk nor fine linen, no golden gems ; but what matter ! She is the Maiden-mother, and in her arms lies JESUS.

And in their souls His light shines, and will shine for ever, evermore.

Dear JESUS, I thank Thee.

Draw me by Thy light from all false lights of earth.

My LORD, I will come to Thee, for Thou dost call me. Nothing shall hinder me ; neither the fear of trouble, nor of being laughed at or sneered at by others.

Make me brave and constant like the holy Kings.

Mary, dear Mother, show me JESUS, as thou didst to them.

Most Holy CHILD JESUS, save Thy children.

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## MEDITATION V.

### THE FLIGHT INTO EGYPT.

*Grace to ask for : Forgiveness of injuries.*

The cave of Bethlehem is left far behind.

No more is heard the hum of the crowds of Jerusalem or the singing in the Temple.

As far as the eye can see, the lone wilderness stretches round.

The noonday sun shines down with strong heat from the mid sky.

A small spring of cooling water has sprung up and made the grass to grow. It is like a green island in the midst of the great salt sea.

A few slight trees make a shelter here in this hot sandy plain.

Here rests the Holy Family, wearied by a long swift journey. All night have they travelled, and now it is the broad noonday.

Joseph is watchful still ; for in those wild parts dwell beasts and still wilder

men, robbers who make the traveller their prey.

Why is that tender BABE brought from home, from the land of His birth, out into this desert place?

Herod, the king, seeks to kill Him.

He who is LORD of heaven and earth, Creator and King of angels and of men, was called 'King of the Jews' by the wise men.

Herod the king is jealous. He is in fear of this little BABE. He seeks to slay the CHILD.

That He may not escape, he orders all the little ones of Bethlehem to die.

This little CHILD has come into the world to save His people; and not only has He not where to lay His head, but they seek to take His tender life with cruel sword.

So it is that, far away across that desert, where of old His people Israel wandered, He has to flee with Mary and Joseph into the strange dark land of Egypt.

Does He say, 'I will not save these men. They seek to shed My BLOOD, to take the life of Me, who came to be their life'?

'I will not save them'!

No. It is already in His Heart, 'FATHER, forgive them.'

The wilder their hate, the more tender His love.

Dear CHILD JESUS, I will bear no anger nor hatred in my heart.

I forgive all who have vexed me, or who have sought to do me harm.

Give me grace, for Thy dear sake, always to forgive, always to pray for those who may injure me or wish me ill.

Dear Mother Mary, it was sorrow, not anger, that filled thy heart. Thou couldst not but pray for the enemies of thy dear Son. Pray that I may have ever a forgiving heart.

Holy Joseph, pray for me.

Most Holy CHILD JESUS, save Thy children.



## MEDITATION VI.

## MURDER OF THE INNOCENTS.

*Grace to ask for : The spirit of penance.*

What dismal sound is this that rings through the streets of Bethlehem, where of late the Maiden-mother vainly sought a shelter?

It is the voice of weeping mothers, of mothers wailing for their children torn from their breasts and slain.

Soldiers, cruel messengers of a cruel king, seek them in every house, snatch them from mothers' arms, that fondly cling in vain, and spill with the sharp biting sword their red young blood beneath God's sky.

He whom they seek to slay is far off in the old Egyptian land.

These little ones die in His stead.

Herod would have slain the Lord of life

and glory, but they are the babes of Bethlehem who perish.

Dear JESUS, how couldst Thou suffer these harmless lambs to lose their young lives thus?

To the angels Thy birth was joy unspeakable.

To Mary it was heaven on earth.

To Joseph, to the shepherds, to the kings, to Simeon and Anna, it was the brightness of the very God.

But to these poor guileless babes it has brought red blood and death.

The innocent and sinless are not to be without their penance in this world, upon which falls the deep shadow of sin. I see it is Thy holy will, who willest all things well.

Not even *they*.

I, then, will at least deny myself some little pleasure each day for love of THEE.

I will not always seek and choose the easy and the flowery path.

Teach me to give up daily my own will  
with gladness for Thy dear sake.

Ye holy Innocents, blest Babes, earliest  
martyrs of JESUS CHRIST, the KING of mar-  
tyrs, how bright a life was won by that  
sharp death !

Beautiful little martyrs of the holy  
CHILD, your eyes soon closed upon the dull  
mists of earth, to open upon untold glories.

Bitter and short the passage, but Oh, how  
passing sweet the end !

How sweet to have died for Him who  
came to give His life for you !

Pray for me, ye stainless ones, before the  
Throne, that I too, unworthy and wayward  
as I am, may come to be with those who  
follow the LAMB whithersoever He goeth.

Most Holy CHILD JESUS, save Thy  
children.

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## MEDITATION VII.

THE CHILD JESUS PRAYS IN THE TEMPLE.

*Grace to ask for : Great reverence in the  
house of GOD.*

Twelve years have passed away since the angels sang that new song on earth, the song of the new-born BABE.

Now behold the CHILD, kneeling in the Temple, whither He had gone up with Mary His Mother and Joseph His Foster-father.

He kneels in His FATHER'S house, the house of prayer, and prays for His people Israel.

Prays for all mankind, for *me*.

There is always a place for me in that Sacred Heart of His.

My life is all there, as if there were no other life but mine.

He loves me as if there were none else to love but me.

But Oh, how wondrous is that prayer !

Earth has never sent up to the eternal Throne a prayer like the prayer of JESUS.

*That the world which GOD had made might give its Maker fitting worship, He has come to us.*

Not only does the race of man give becoming worship in that prayer, but that Holy CHILD who prays is GOD.

Man's eye can only see the form of a kneeling child.

But angels unseen around, angels in the highest heaven, wonder and adore.

Earth's worship is now Divine through that Sacred HEART which prays for men.

Dear JESUS, I will often think of Thee praying in the Temple.

I will be devout and very reverent in church, which is Thy holy Temple, my Father's house, where Thou art present on the Altar.

Drive far from me all vain and sinful thoughts.

Thy Church is a holy place, none other than the gate of heaven.

With soul and body, as Thou art LORD of both, I would adore Thee there.

Give me grace never to give scandal by carelessness or light behaviour, but ever to act as in Thy holy Presence.

Mary, dear Mother, pray to thy dear Son for me.

Joseph, by thy deep reverence and thy unselfish love, I beg thee, pray for me.

Most Holy CHILD JESUS, save Thy children.

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## MEDITATION VIII.

JESUS WITH THE DOCTORS IN THE TEMPLE.

*Grace to ask for : Teachableness.*

Behold the CHILD JESUS now at the age of twelve.

For once, Mary and Joseph are not by His side.

He is in the Temple—in the hall of the

doctors, the teachers of the Law, which He had come to fulfil.

They know not who stands before them meekly answering their questions.

He is but a boy, yet such answers these learned men have never heard.

Such wisdom they have never known.

His questions startle these gravest men of Israel yet more than the answers which He gives.

While He would teach, He seems to learn from them.

He is the eternal Wisdom, clothed in our flesh.

A bashful modest CHILD before those doctors of the Temple, all knowledge is in His HEART.

The elders hold their breath with wonder.

Now listen. It is a Mother's voice that pleads.

Into that Hall have entered Mary and Joseph.

Their souls have been full of sorrow.

For three whole days they have lost the CHILD, and all the light went out from their hearts.

He had not come for them alone, His FATHER's business called Him.

At Mary's word He leaves the work for yet a while, and departs with her to dwell at Nazareth, their home in Galilee, in the house of Joseph the carpenter.

Dear JESUS, all Wisdom and Knowledge as Thou art, Thou didst stand like a teachable child before the doctors of Jerusalem.

I will gladly receive the words of those whom Thou hast set over me.

I know but very little. Teach me in their teaching, and above all things to know and love Thee.

Dear Mother Mary, to whom the holy CHILD was obedient, pray to Him for me.

Holy Joseph, I look to thee as a father.



Most Holy CHILD JESUS, save Thy children.

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## MEDITATION IX.

THE HOLY HOUSE AT NAZARETH.

*Grace to ask for: Holy obedience.*

Would you find heaven on earth?

Look within that holy abode at Nazareth.

Joseph works at the trade of a carpenter.

Mary plies her spindle and her distaff, while ever and anon her eye rests wistfully upon the Holy CHILD JESUS.

Never idle, always ready to receive his word, He waits upon and helps His Foster-father.

He bears the wood upon His shoulder, or the nails in His hand, as He may be bidden; always ready, ever shining in that workshop with a smile like the gleaming of a sunny day.

No hurry, no indolence, no weariness of heart is known in that abode.

No sadness, no boisterous mirth, which there would sound out of harmony.

Few words are spoken ; each knows the other's heart too well to need many words.

From the fresh dawn until the red sun sinks beyond the green western hills there is a peaceful round of labour and of loving offices to God and man.

Labour lightened by calm peace and love.

And so on through the days and years Joseph and Mary have heaven on earth.

For He who is the Light and Joy of their hearth is the Brightness of eternity, the Light of the new Jerusalem.

In the future, growing nearer every day, and ever present in that CHILD'S HEART, there is that dark Cross on Calvary—the wood of the awful Sacrifice and the cruel nails by which the VICTIM will be bound obedient to the FATHER'S will, bonds

all powerless but for the stronger cords of love.

JESUS, most obedient, I too will obey.

The path of obedience is the path of safety, the path which was trodden by Thee and which leads to Thee.

In obeying Thy Church, and those whom Thou hast set over me, I am obeying Thee.

Dear JESUS, by Thy wonderful obedience to Joseph and to Mary make me obedient.

By Thy obedience to Thy FATHER, even unto death, make me obedient to the end.

Mary, dear Mother, pray for me.

Joseph, Foster-father of the Holy CHILD JESUS and Patron of the whole Church, pray for me.

Most Holy CHILD JESUS, save Thy children.

# A WAY OF HEARING HOLY MASS

IN HONOUR OF THE HOLY CHILD JESUS.

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OF all offerings to our FATHER in heaven Holy Mass is infinitely the best. It is His only-begotten SON who offers Himself as a *Victim*. It is one with the Offering on Calvary. His priest at the Altar partakes of His Priesthood; and when you hear Holy Mass you are called by GOD to join with the priest in this holiest of all offerings.

The Church commands you to hear Mass on Sundays and certain holidays. Do not be content with this; but spend devoutly a half-hour whenever you can in the morning in this holy work. It will draw your heart to GOD more than any other occupation, and will become a delight to you.

E

**HOLY WATER.**

As you take Holy Water upon going into Church,  
say :

Sprinkle me, O Lord, with hyssop, and I shall be cleansed ; wash me, and I shall be made whiter than snow. Create in me a clean heart, O God, and renew a right spirit within me.

**BEFORE MASS.**

On taking your place.

O GOD the HOLY GHOST, fill my cold heart with love, that I may hear this Mass with much reverence and devotion.

MARY, my Mother, pray for me. My Guardian-angel, shield me from all vain and wandering thoughts.

**ACT OF FAITH.**

As the Priest comes into Church.

ETERNAL FATHER, I believe that in Holy Mass there is offered to Thee the one only pure and perfect offering : JESUS, Thy

eternal SON, GOD and MAN, the Holy CHILD of Bethlehem and Nazareth ; JESUS, the one great High-Priest for ever, who offered Himself to Thee for me and for all mankind upon the Cross.

OFFER INTENTION.

When the Priest is at the foot of the Altar.

I desire to join with Thy priest at the Altar in offering up this Holy Sacrifice :

- (1) In worship of Thee, the great and all-holy GOD ;
- (2) To thank Thee for all the good things Thou hast done for me and all Thy people ;
- (3) To beg Thee to turn away Thy anger from my sins and the sins of all men ; and
- (4) To ask Thee to continue Thy goodness to me, to bless my father and mother, and [Here mention those for whom you ought or wish to pray, and do not forget to pray for

the Holy Father, the Bishop of the diocese, the parish priest, and the priest at the Altar], to bless all who are near and dear to me, especially to give them the grace of a holy death. I also pray Thee to make me meek and lowly of heart, like the Holy CHILD JESUS, *now*, that *when I die* I may live for ever in Thy glory.

AT THE INTROIT.

JESUS, true Light, by Thy holy Birth, which made angels rejoice ; by the sorrows of Thy Heart, as Thou didst lie in Thy manger-cradle unheeded by the world which Thou hadst come to save ; by Thy sorrow in the Garden, and Thy patience under the insults of the impious Jews,—give me patience and meekness under the trials which Thou mayest think fit to send me.

AT THE KYRIE.

ETERNAL FATHER, thrice-holy God, who

hast loved me with an everlasting love,  
have mercy on me and on all Thy children.

JESUS, SON of the FATHER ; JESUS, SON  
of Mary ; JESUS, GOD and Man, for love  
of me once a Child, have mercy on me and  
on all Thy children.

HOLY SPIRIT, Lord and Life-giver, who  
with the FATHER and the SON art one GOD  
of Love, have mercy on me and on all Thy  
children.

AT THE EPISTLE.

JESUS, who hast taught me by Thy holy  
Church what I am to believe and do, give  
me the grace to resist temptation, and in all  
things always to do Thy holy will, to serve  
Thee, and my neighbour for Thy sake, by  
good works, and to profess joyfully Thy  
holy Catholic Faith in life and in death.

AT THE GOSPEL.

Teach me, O JESUS, always to delight in  
Thy holy Gospel, which tells of Thee and  
of all Thy words and deeds of love.



MARY, my Mother, Spouse of the HOLY GHOST, Teacher of the Evangelist, especially of St. Luke and St. John, pray for me. Pray for me also, ye blessed Evangelists, that the written word be not given in vain for me.

AT THE OFFERTORY.

JESUS, who for me didst offer Thyself up to Thy FATHER, in the manger, in the Temple, and at the pillar, by Thy Precious BLOOD wash me so free from sin that I may be accepted by the FATHER, to whom, unworthy as I am, I wholly offer myself and all that I have, to be His now and for evermore.

AT THE LAVABO

(Washing of hands).

Most innocent LAMB of GOD, JESUS, in whom Thy enemies could find no fault, keep me pure in thought, word, and deed.

AT THE PREFACE.

It is indeed meet and just, most right

and salutary, that we should, at all times and in all places, give thanks to Thee, O LORD, most holy FATHER, almighty, eternal GOD, because Thou hast given us CHRIST our LORD, JESUS the BABE of Bethlehem, JESUS the King of glory, our Strength in life, our Hope in death, and our Joy in eternity.

Therefore, with angels, archangels, and with all the hosts of heaven, we sing a hymn to Thy glory, repeating here on earth the everlasting song of heaven :

SANCTUS, SANCTUS, SANCTUS !

HOLY, HOLY, HOLY ! LORD GOD of hosts !  
The heavens and earth are full of Thy glory. Hosanna in the highest ! Blessed is he that cometh in the NAME of the LORD.  
Hosanna in the highest !

AT THE MEMENTO OF THE LIVING.

Be mindful, great GOD, eternal FATHER,  
of all Thy holy servants, who once were

weary here, but now live and rejoice in Thee.

Bless Thy holy Catholic Church, her chief Pastor on earth, Pope Pius, the Vicar of Thy dear SON. Bless also, and keep from harm, our Bishop . . . the clergy, and especially the priest [or priests] of the parish, and the priest at the Altar.

Be mindful also of Thy servants [Here name those who have asked you to pray for them], all the present and absent members of this congregation. Preserve them from all evil both of soul and body. By this most holy Sacrifice save the souls of all for whom I ought to pray from sin, and bring them to Thy everlasting joy.

AT THE ELEVATION OF THE SACRED HOST.

JESUS, JESUS, Thy dear Hands and Feet were nailed to the Cross, and Thy sacred Body was lifted up on high. By those cruel pains endured with such love for me, raise my cold heart up to Thyself, so that

ever remembering what Thou hast suffered for sin, I may hate it with all my heart.

AT THE ELEVATION OF THE CHALICE.

May Thy Precious BLOOD, O JESUS, flowing from those most sacred Wounds, the BLOOD which is the price of my salvation, wash me from every stain of sin, and be my strength against temptation, even unto everlasting life.

AT THE MEMENTO OF THE DEAD.

JESUS, LORD of all, who didst visit the souls in prison, remember Thy faithful dead. Shorten their pain, and let them quickly see Thy Face, and enjoy the glory of the Kingdom which Thou hast prepared for them and for all who die in Thy holy love.

OUR FATHER.

Repeat this slowly and devoutly.

OUR FATHER, most truly OUR FATHER, for Thou in Thy goodness hast formed us

out of nothing to Thy image and likeness. Thou hast redeemed from eternal death those who have fallen into sin. Thou hast adopted us as sons, and sanctified us by Thy HOLY SPIRIT. Thou hast called us to the heirship of heaven, and directed us thither by Thy fatherly care.

O FATHER, CREATOR, REDEEMER, SANCTIFIER of us all Thy children, Giver of all good gifts, may we do Thy most holy will in all things.

AT THE AGNUS DEI.

JESUS, spotless LAMB of GOD, true VICTIM, sacrificed for my sins and the sins of the whole world ; JESUS, now upon the Altar, and at the right hand of the FATHER in heaven, have mercy on us, and give us Thy holy peace.

AT THE COMMUNION OF THE PRIEST.

Renew and purify my heart, dear JESUS, that according to Thy word it may become a dwelling-place fitted for Thee.

AT THE LAST BLESSING.

Dear LORD, who alone art worthy of the love of my heart, which was made to love Thee ; who ascending into heaven didst bless Thy disciples, who loved Thee ; let Thy blessing rest on me now and at the hour of my death. Amen.

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DIVINE PRAISES.

Blessed be God.

Blessed be His holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be the name of Mary, Virgin and Mother.

Blessed be God in His Angels and in His Saints.

## SERVING AT MASS.

There is nothing more wonderful on earth or in heaven than Holy Mass. In it the greatness and love of God are shown to the utmost.

JESUS CHRIST, the eternal Son, God, equal to the FATHER and the HOLY GHOST, offered Himself, bleeding and dying, upon the Cross for us and for our salvation. Holy Mass is that same Sacrifice going on now.

Wherever it is being offered, the same JESUS, not bleeding, dying, or dead—although this is all shown forth—but risen and glorified, with the wounds still in His Side, Hands, and Feet, offers Himself to the FATHER for us.

The priest whom we see at the Altar represents Him; but it is He who is the real Offerer through the priest. And He is as really the Victim present upon the Altar as He is present at the right hand of the FATHER.

There is nothing else on earth so wonderful as this. There is no other act so wonderful and honourable as this of the priest.

And you are allowed to help him—to serve at the Altar of the great God.

Be reverent and devout ; serve as you have been taught. Do not stare about you ; and when you have to genuflect, do so always with your face towards the Altar and your right knee to the ground.

#### MANNER OF SERVING AT MASS.

Kneeling at the left hand of the Priest, answer him  
as follows :

*Priest.* Introibo ad altare DEI.

*Clerk.* Ad DEUM qui lætificat juventutem  
meam.

*P.* Judica me, DEUS, et discerne causam  
meam de gente non sanctâ : ab homine  
iniquo et doloso erue me.

*C.* Quia tu es, DEUS, fortitudo mea : quare  
me repulisti, et quare tristis incedo dum  
affligit me inimicus ?



*P.* Emitte lucem tuam et veritatem tuam ; ipsa me deduxerunt et adduxerunt in montem sanctum tuum, et in tabernacula tua.

*C.* Et introibo ad altare DEI ; ad DEUM qui lætificat juventutem meam.

*P.* Confitebor tibi in citharâ, DEUS, DEUS meus : quære tristis es anima mea et quare conturbas me ?

*C.* Spera in DEO, quoniam adhuc confitebor illi ; salutare vultus mei, et DEUS meus.

*P.* Gloria Patri, et Filio, et Spiritui Sancto.

*C.* Sicut erat in principio et nunc et semper, et in sæcula sæculorum. Amen.

*P.* Introibo ad altare DEI.

*C.* Ad DEUM qui lætificat juventutem meam.

*P.* Adjutorium nostrum in nomine Domini.

*C.* Qui fecit cœlum et terram.

*P.* Confiteor DEO, &c.

Bow your head when the Priest begins the 'Confiteor,'

and continue with your head bowed until you also have finished it.

*C.* Misereatur tui omnipotens DEUS, et dimissis peccatis tuis perducatur te ad vitam æternam.

*P.* Amen.

*C.* Confiteor DEO omnipotenti, beatæ Mariæ semper Virgini, beato Michaeli Archangelo, beato Joanni Baptistæ, sanctis Apostolis Petro et Paulo, omnibus sanctis, et tibi,\* pater, quia peccavi nimis cogitatione, verbo, et opere [Here strike your breast three times], meâ culpâ, meâ culpâ, meâ maximâ culpâ. Ideo precor beatam Mariam semper Virginem, beatum Michaellem Archangelum, beatum Joannem Baptistam, sanctos Apostolos Petrum et Paulum, omnes sanctos, et te, pater, orare pro me ad Dominum DEUM nostrum.

*P.* Misereatur vestri, &c.

*C.* Amen.

\* Here turn your head towards the Priest, and then go on.

*P.* Indulgentiam, absolutionem, &c.

*C.* Amen.

Bow your head until the Priest says, ' Dominus  
vobiscum.'

*P.* DEUS, tu conversus vivificabis nos.

*C.* Et plebs tua lætabitur in te.

*P.* Ostende nobis, Domine, misericordiam  
tuam.

*C.* Et salutare tuum da nobis.

*P.* Domine exaudi orationem meam.

*C.* Et clamor meus ad te veniat.

*P.* Dominus vobiscum.

*C.* Et cum spiritu tuo.

Here *rise*, and kneel on the lower step of the Altar.

*P.* Kyrie eleison.

*C.* Kyrie eleison.

*P.* Kyrie eleison.

*C.* Christe eleison.

*P.* Christe eleison.

*C.* Christe eleison.

*P.* Kyrie eleison.

*C.* Kyrie eleison.

*P.* Kyrie eleison.

*P.* Dominus vobiscum.

*C.* Et cum spiritu tuo.

*P.* Per omnia sæcula sæculorum.

*C.* Amen.

At the end of the Epistle say, 'DEO gratias.' The Epistle and what follows being read, remove the book to the right hand of the Altar, genuflecting as you pass before the middle of the Altar. Always stand or kneel on the contrary side to the book.

*P.* Dominus vobiscum.

*C.* Et cum spiritu tuo.

*P.* Sequentia sancti Evangelii, &c.

Make the sign of the Cross on forehead, lips, and breast, and say, 'Gloria tibi, Domine.'

Bow at the beginning and end of the Gospel, and at the name of 'JESUS;' and at the end say:

*C.* Laus tibi Christe.

*P.* Dominus vobiscum.

*C.* Et cum spiritu tuo.

Here give the wine and water, afterwards the basin, water, and towel for the Priest. When the Priest has washed his fingers, kneel in your former place, and answer:

*P.* Orate, fratres, &c.

*C.* Suscipiat, Dominus, sacrificium de

manibus tuis ad laudem et gloriam nominis sui, ad utilitatem quoque nostram, totiusque ecclesiæ suæ sanctæ.

*P.* Per omnia sæcula sæculorum.

*C.* Amen.

*P.* Dominus vobiscum.

*C.* Et cum spiritu tuo.

*P.* Sursum corda.

*C.* Habemus ad Dominum.

*P.* Gratias agamus Domino DEO nostro.

*C.* Dignum et justum est.

At 'Sanctus, Sanctus, Sanctus,' &c., ring the bell.  
Also at the elevation of the Host and of the Chalice.

*P.* Per omnia sæcula sæculorum.

*C.* Amen.

*P.* Et ne nos inducas in tentationem.

*C.* Sed libera nos a malo.

*P.* Per omnia sæcula sæculorum.

*C.* Amen.

*P.* Pax Domini sit semper vobiscum.

*C.* Et cum spiritu tuo.

**After the Priest has received Holy Communion, serve**

him with wine and water for the ablution; then remove the book to the left-hand side of the Altar, and return to your place.

*P.* Dominus vobiscum.

*C.* Et cum spiritu tuo.

*P.* Per omnia sæcula sæculorum.

*C.* Amen.

*P.* Ite, missa est. *Or,* Benedicamus Domino.

*C.* Deo gratias.

In 'Black Masses:'

*P.* Requiescant in pace.

*C.* Amen.

Remove the book, if left open, to the Gospel side; receive the Priest's blessing, answering:

Amen.

Rise.

*P.* Dominus vobiscum.

*C.* Et cum spiritu tuo.

*P.* Initium, *or,* Sequentia sancti Evangelii, &c.

At the end:

Deo gratias.

## BENEDICTION OF THE BLESSED SACRAMENT.

When a Bishop or priest gives you his blessing, he makes the sign of the holy Cross over you in the Name of the Blessed TRINITY, and our LORD blesses you through His priest. But in the Rite of Benediction it is our LORD Himself, present in the Blessed Sacrament, who gives you His benediction, as He blessed His Apostles the last thing here on earth before He ascended into heaven.

Adore Him with your whole heart, and receive His blessing. Beg Him to forgive you for all your want of reverence in the past, and join gently in the singing of the congregation.

As the Priest opens the Tabernacle door is sung :

O Salutaris Hostia,  
Quæ cœli pandis ostium ;  
Bella premunt hostilia,  
Da robur, fer auxilium.

Uni trinoque Domino  
Sit sempiterna gloria,  
Qui vitam sine termino  
Nobis donet in patriâ. Amen.

Then may follow a Litany, a Psalm, or a Hymn.

Tantum ergo Sacramentum  
Veneremur cernui;  
Et antiquum documentum  
Novo cedat ritui :  
Præstet fides supplementum  
Sensuum defectui.

Genitori Genitoque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio :  
Procedenti ab utroque  
Compar sit laudatio. Amen.

*V.* Panem de cœlo præstitisti eis.

*R.* Omne delectamentum in se habentem.



## LITANY OF THE BLESSED VIRGIN.

Kyrie eleison.		Lord have mercy on us.	
<i>Kyrie eleison.</i>		<i>Lord have mercy on us.</i>	
Christe eleison.		Christ have mercy on us.	
<i>Christe eleison.</i>		<i>Christ have mercy on us.</i>	
Kyrie eleison.		Lord have mercy on us.	
<i>Kyrie eleison.</i>		<i>Lord have mercy on us.</i>	
Christe audi nos.		Christ hear us.	
<i>Christe exaudi nos.</i>		<i>Christ graciously hear</i> <i>us.</i>	
Pater de cœlis Deus,	<i>Miserere nobis.</i>	God the Father of hea-	<i>Have mercy on us.</i>
		ven,	
Fili Redemptor mundi		God the Son, Redeemer	
Deus,		of the world,	
Spiritus Sancte Deus,		God the Holy Ghost,	
Sancta Trinitas, unus		Holy Trinity, one God,	
Deus,			
Sancta Maria,		Holy Mary,	
Sancta Dei Genitrix,		Holy Mother of God,	
Sancta Virgo virginum,		Holy Virgin of virgins,	
Mater Christi,		Mother of Christ,	
Mater divinæ gratiæ,	<i>Ora pro nobis.</i>	Mother of divine grace,	<i>Pray for us.</i>
Mater purissima,		Mother most pure,	
Mater castissima,		Mother most chaste,	
Mater inviolata,		Mother inviolate,	
Mater intemerata,		Mother undefiled,	
Mater amabilis.		Mother most amiable,	
Mater admirabilis,		Mother most admirable,	
Mater Creatoris,		Mother of our Creator,	

Mater Salvatoris,  
 Virgo prudentissima,  
 Virgo veneranda,  
 Virgo prædicanda,  
 Virgo potens,  
 Virgo clemens,  
 Virgo fidelis,  
 Speculum justitiæ,  
 Sedes sapientiæ,  
 Causa nostræ lætitiæ,  
 Vas spirituale,  
 Vas honorabile,  
 Vas insigne devotionis,

Rosa mystica,  
 Turris Davidica,  
 Turris eburnea,  
 Domus aurea,  
 Fœderis arca,  
 Janua cœli,  
 Stella matutina,  
 Salus infirmorum,  
 Refugium peccatorum,  
 Consolatrix afflictorum,

Auxilium Christiano-  
 rum,  
 Regina Angelorum,  
 Regina Patriarcharum,

Mother of our Saviour,  
 Virgin most prudent,  
 Virgin most venerable,  
 Virgin most renowned,  
 Virgin most powerful,  
 Virgin most merciful,  
 Virgin most faithful,  
 Mirror of justice,  
 Seat of wisdom,  
 Cause of our joy,  
 Spiritual Vessel,  
 Vessel of honour,  
 Vessel of singular devo-

tion,  
 Mystical Rose,  
 Tower of David,  
 Tower of ivory,  
 House of gold,  
 Ark of the covenant,  
 Gate of heaven,  
 Morning star,  
 Health of the sick,  
 Refuge of sinners,  
 Comforter of the afflict-

ed,  
 Help of Christians,

Queen of Angels,  
 Queen of Patriarchs,

*Ora pro nobis.*

*Pray for us.*

Regina Prophetarum,	Queen of Prophets,	
Regina Apostolorum,	Queen of Apostles,	
Regina Martyrum,	Queen of Martyrs,	
Regina Confessorum,	Queen of Confessors,	
Regina Virginum,	Queen of Virgins,	
Regina Sanctorum omnium,	Queen of all Saints,	
Regina sine labe originali concepta,	Queen conceived without original sin,	
Agnus Dei, qui tollis peccata mundi,	Lamb of God, who takest away the sins of the world,	
<i>Parce nobis, Domine.</i>	<i>Spare us, O Lord.</i>	
Agnus Dei, qui tollis peccata mundi,	Lamb of God, who takest away the sins of the world,	
<i>Exaudi nos, Domine.</i>	<i>Graciously hear us, O Lord.</i>	
Agnus Dei, qui tollis peccata mundi,	Lamb of God, who takest away the sins of the world,	
<i>Miserere nobis.</i>	<i>Have mercy on us.</i>	
V. Ora pro nobis, Sancta DEI Genitrix.	V. Pray for us, O holy Mother of God.	
R. Ut digni efficiamur promissionibus Christi.	R. That we may be made worthy of the promises of CHRIST.	

*Ora pro nobis.*

*Pray for us.*

## HOLY COMMUNION.

If you have not yet made your First Communion, look forward with longing desire to the day of your receiving it. That wonderful day is to be the *great day* of your life. Let each day, as it comes, form a part of the preparation for it.

If the day has passed, always renew, before you go to Holy Communion, the good desires and resolutions of that time.

### PRAYER BEFORE HOLY COMMUNION.

Thou alone, who art all pure, knowest how pure I ought to be to receive Thee in Thy most Holy Sacrament. Thou alone canst make me worthy. Have pity on me, a creature of Thy hands, a soul whom Thou hast ransomed with Thy Precious Blood, and whom Thou desirest to have united to Thee.

Look not upon my past sins, which I hate and heartily grieve for, but make me

fit to receive Thee and to be Thine now and for evermore.

ACT OF FAITH.

I believe, for Thou who art the very truth hast said it, that Thou who art God and MAN art present in the Blessed Sacrament, the same JESUS who wast born, died, and rose again ; JESUS, who sits at the right hand of the FATHER, who will come in majesty and glory to be my Judge and the Judge of all men.

ADORATION.

Adore JESUS thy God, O my soul. In a few moments He will come to thee and give Himself to thee. My God, most deeply do I humble myself. I would that I could adore Thee more fervently. Kindle the fire of Thy love in my cold heart. Mary, my Mother, Mother of JESUS, adore Him with me. O ye Angels and Saints, supply my shortcoming ; obtain for me that I may love Him better, adore Him

more truly, and be more worthy to receive Him.

ACT OF LOVE.

JESUS, I love Thee, at least I desire very much to love Thee. What joy it would be to love Thee as I ought to love, and as Thou desirest to be loved !

Give me grace to love Thee in Thy most Holy Sacrament, with all my heart, with all my mind, and with all my strength.

Teach me ever more and more to love Thee now ; give me grace to die in Thy holy love, so as to live in the joy of that love for evermore.

ACT OF DESIRE.

Come, dear JESUS, to be my Divine Food to nourish me in Thy way. Come, dear Shepherd, to guard me ; my Father, to take possession of me ; my Life, to live in me ; my Light, to guide me. Come, Expected of the nations, Desire of the fathers, Joy of the angels, Delight of heaven, Bliss

of the saints, Brightness of the everlasting city of peace. Come ; for Thee have I wished. Come and kindle Thy love in me.

Mary, my Mother, JESUS can only be received at thy hands ; from thy hands I receive thy Son and thy God.

Beg of Him for me that I may have at least some little of thy deep humility, thy fervent love, thy strong desire.

#### AFTER HOLY COMMUNION.

After you have received the Blessed Sacrament, take great care lest you spoil all by a want of gratitude, and so by your heedlessness lose the fruits of a good Communion.

Be not in a hurry to return to the things and thoughts of this world. The very God has come to you, and dwells within you. Pause and be silent. Spend at least ten minutes or a quarter of an hour in thanksgiving.

What shall I do to show my gratitude ?  
Thou, O my JESUS, dost abide within me.  
I will be still and quiet, and learn of Thee.  
May Thy love kindle love in me. Suffer  
me not to drive Thee away by distracting  
thoughts and idle fancies.

## THANKSGIVING.

JESUS, my GOD, I thank Thee, or rather  
I know not how to thank Thee. Would  
that Thou Thyself wouldst fill my heart  
and lips with praise, that all my life long  
I might sing Thy glory, and show forth  
Thy wondrous works.

Ye Angels and Saints, thank and bless  
my GOD for me ; supply what is lacking  
in me. Why should I remain cold and  
heartless ? What has He done for you  
who love Him so, that He has not done for  
me ? He has given me His own Self—all  
that He has to give.

JESUS, my GOD, I thank Thee, and I  
fain would love Thee. Stay with me until



I love Thee really, and suffer not my love and gratitude to pass away.

‘Bless the Lord, O my soul, and let all that is within me bless His holy Name. Bless the Lord, O my soul, and forget not all that He hath done for thee.’

#### ADORATION.

King of Heaven, I adore Thee. Most holy Child of Bethlehem, I bow down before Thy eternal Majesty; and I fain would make up for all my want of reverence in the time past. I would worship and love Thee for all Thy creatures who worship and love Thee not.

Thou art infinitely adorable in Thine awful majesty and greatness; but if it were possible, Thou wouldst be even more adorable in Thy humility and tenderness—the Child of Mary ever Virgin—the Divine Food of Thy faithful here below.

As I have received Thee, and long to adore Thee worthily now, so let me see

Thee and rejoice in the perfect worship of Thee through endless ages of joy hereafter.

## OFFERING.

What have I to offer to Thee, O GOD, as a pledge of my gratitude and love? I have nothing but what by every title is already Thine—myself, my body and soul. Take me then, O LORD, and grant that I may be for ever truly Thine; my body to be employed in Thy service, my soul to know, love, and be faithful to Thee for evermore.

Never suffer me, who have received Thee in the Holy Sacrament of Thy love, to betray Thee, to become the servant of sin, and of Thy enemy, the devil.

Blessed Mother of GOD, Mary ever Virgin, I rejoice in the great glory and wonderful prerogatives which thy Divine Son has delighted to bestow upon thee. Remember that, hanging upon the Cross, He bade thee take me for thy child. Be a

mother to me, and obtain for me the favours I have asked of Him. Protect me ever against all my enemies ; help and pray for me now and at the hour of my death.

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### CONFESSION.

Before going to Confession, be sure to make a *careful* examination of your conscience. Do this, if possible, alone and in quiet ; or do it in the church—there is no better place.

Beg light from GOD the HOLY GHOST to see yourself, as far as may be, as you are in His sight. Call to mind all the sins of deed, word, thought, and omission that you have been guilty of since your last Confession.

If you have examined your conscience daily you will not find this difficult. You may make your examination after the way suggested at page 14.

Remember that through the priest you make your confession to Him who will, you

know not how soon, be your great Judge, from whom nothing is hidden, who knows you through and through, not only your words and acts, but your most secret thoughts and the hidden motives of your heart.

PRAYER BEFORE EXAMINATION.

Thou, O God, hast created me out of nothing, redeemed me by the Precious Blood of Thy only Son, taken care of me until this hour, and loaded me with blessings. I depend each moment for all things upon Thee, who keepest me in being ; and yet I have been unmindful of Thee, and have offended against Thee. How many times I have sinned against Thee I know not, nor can I know, unless Thou grantest me Thy light to see myself as I am before Thee. Give me grace to see the state of my soul, and the number and greatness of my sins.

Give me this grace, O LORD, and the grace also to be truly sorry for my offences

from my inmost heart. Give me a lively faith in the mercy of my dear Redeemer, and teach me to detest all my past sins and my ingratitude, and to make a firm purpose of amendment, and a sincere resolution to begin a new life.

Blessed Mary, Mother of my Saviour, refuge of sinners, pray for me that through the Passion of Thy Son I may have the happiness to make a good confession.

Then make your examination.

PRAYER FOR THE GRACE OF CONTRITION.

Touch my heart with true sorrow, O LORD, for having so often carelessly and even wilfully offended against Thee, who lovest me so much, and who hast done with untiring love so much for me. Let my repentance be sincere, that I may escape eternal punishment, and may it produce in me the fruit of a new life, to the salvation of my soul and the glory of Thy holy Name.

ACT OF CONTRITION.

*From the Catechism.*

O my God, who art infinitely good and always hatest sin, I beg pardon from my heart for all my offences against Thee ; I detest them all, and am heartily sorry for them, because they offend Thy infinite goodness ; and I firmly resolve, by the help of Thy grace, never more to offend Thee, and carefully to avoid the occasions of sin.

Or the Act of Contrition on page 16.

If your Confessor should ask you to repeat an Act of Contrition, you may say the one above from the Catechism.

Listen attentively to his advice, and make a sincere Act of Contrition, as he gives you holy Absolution.

Then go and, kneeling down, say your penance and make use of the following prayers :

Merciful Father in Heaven, may this my confession be acceptable to Thee. Be mind-

ful of the merits and prayers of the Blessed Virgin Mary, Saint Michael the Archangel, Saint John the Baptist, Saint Peter, and Saint Paul, and all the Saints ; and whatever has been wanting, either in my contrition or my confession, do Thou supply, through the Death and Passion of JESUS Christ our Lord.

#### THANKSGIVING.

I return to Thee and give Thee hearty thanks, Lord JESUS, that Thou hast been pleased to absolve me from my sins and to wash me in Thy Precious Blood.

Thou castest out none that sincerely come to Thee, but receivest them into Thy favour and numberest them among Thy children. I thank and adore Thee for Thy mercy and goodness to me ; and I give myself wholly to Thy service for the time to come. Without Thee I can do nothing. Assist my weakness, and suffer me not again to fall into sin, which separates me

from Thee, and which I now am resolved to hate with my whole heart. Bind my heart and soul to Thee with the cords of love, that I may never fall away and suffer Thy just and dreadful punishment in hell. Amen.

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### A FEW HINTS FOR DAILY CONDUCT.

In your Catechism of Christian Doctrine you will find a *Rule of Life*, forming the subject of the last two chapters. Follow that rule, and all will be well with you in this world and in the world to come.

The Catechism is a little book, and is so constantly used in school that perhaps you do not think so highly of it as you ought. But be sure of this: it contains the very pith and essence of the knowledge of God and of your duty to Him and your neighbour. The more you grow in this knowledge the more you will value that little



book. Never be satisfied until you know it all by heart and understand it well.

Some give up going to Sunday Catechism when they grow tall, as if that had anything to do with it. They are ashamed to go because little children have to go too. This is very pitiful. Do not yield to such a temptation. The devil is afraid you should learn too much about God and the things of God.

You *begin your day* with the sign of the Cross, and by offering your heart and soul to God. You *end it* with your evening exercise, and you give your last thoughts to your crucified SAVIOUR.

If you live each day as if it were the last it will not matter when the last comes, as you will be found watching—one of God's 'faithful servants.'

#### MORTAL SIN.

Above all things you must avoid *mortal sin*. Compared with it all other evil is no

evil at all. To lose your hearing, your sight, your life even, is nothing beside the loss of God ; and *mortal sin* loses the friendship of God, shuts the gate of Heaven, and opens hell to you.

If you have never committed a mortal sin, happy are you. Go on from good to better. Keep your first innocence. Once lost, neither gold, nor tears, nor your blood can buy it back again. By God's grace you have kept it, and through His grace alone can you keep it for the time to come. Do not think it will ever be safe for one moment without the grace of God, nor without great care on your own part.

If at any time you should have the unhappiness to fall into grievous sin, do not delay ; go the very first chance you have to Confession. Make a good Act of Contrition, and the BLOOD of JESUS will cleanse you from your sin, and give you fresh strength and courage.

## VENIAL SIN.

It often happens that children who would be deeply grieved and much horrified at great sins, and try to keep themselves from the occasions of mortal sin, are very heedless about *venial sins*, and are blind to ordinary failings, which they fancy are of small account.

*Venial sins* are on the way to mortal sins, and if deliberately indulged in and not repented of, quickly prepare the soul for mortal sins, and make it apt to commit them.

## OBEDIENCE AND RESPECT.

Little acts of disobedience, unreadiness to obey, stopping to reason or argue or to propose something else, are all against the spirit of the fourth commandment; and although you may not think much of these things at first, they all go to form a habit of disobedience—and what habit can be worse?

The duty of honouring parents Almighty God has put before all other duties, next to those which refer directly to Himself. Even before the commandment not to kill comes that to honour father and mother.

And it is accompanied by a promise of good ; whereas *disobedience* to parents is so hateful to God, that under the Old Law, which was the shadow of the Catholic Faith, disobedient children were put to death. So also was he that cursed or struck father or mother ; and the wise King Solomon, inspired by the Holy Ghost, has said : ‘ The eye that mocketh at his father and that despiseth the labour of his mother in bearing him, let the ravens of the brook peck it out and the young eagles devour it’ (Prov. xxx. 17).

Be obedient also to your other lawful superiors. Obey them in all that is not sin.

Be respectful to them at all times ; be respectful also to the aged ; do your best

to aid and comfort the infirm and helpless. It is a hateful thing to be disrespectful to the old and gray-headed. 'Rise up,' it is written in the Law, 'before the hoary head, and honour the person of the aged man, and fear the Lord thy God.'

#### DILIGENCE.

Beware of idleness in school. I cannot say how much idleness it would take to render you guilty of the deadly sin of sloth, but you may be sure that all wilful waste of time is on the way to it.

It is but little thought of by most children, but when it is given way to and made a habit of it is a manifold wrong. It is a wrong to those who teach you, for you sorely try their patience; you remain a dunce and fail to do them justice. It is a wrong to your parents, who when they send you to school can but expect a due return. It is a still greater wrong to yourself. You neglect the improvement of your

mind, which is a garden given you to cultivate, and which is capable of bringing forth beautiful flowers and fruits, virtues and accomplishments, for the glory of God and the benefit of your neighbour.

The more knowledge you acquire, if it is for those ends, the more good you can do and the more good you can gain. It is true that the ignorant and unlettered have often pleased God and become great Saints, but then it was not through their own act that they were ignorant of such knowledge as you have the chance of gaining.

Listless idleness becomes a wretched habit in those who give way to it. It grows upon them, makes them a burden to others and a burden to themselves, and takes away that noble spirit of independence which in its proper bounds is one of the greatest charms of character. It hardens the heart or fills it with too-late regrets for opportunities wasted and for ever lost.

Whatever you do, put your heart into it.

If it is not worth putting your heart into, do not do it at all. A great Saint, who did wonderful things for God, and who, like all other Saints, was never idle, used to say, 'Age quod agis.' *Do what you do.* That is, do it thoroughly—do not half do it. If it is worth doing, don't slur it over; it is for God. Pray when you pray, work when you work, play with a zest when you play, and you will be happier in all.

#### TRUTHFULNESS.

Never tell lies, thinking that they are only *little* ones. It is always a *great* matter to trifle with the truth.

If you have done anything which you think will bring you into trouble, do not excuse yourself by an untruth. If you have a true excuse to give, give it. It is your due. If you have no excuse, let it alone; bravely bear the blame and the punishment, if it comes, and you will have nothing upon your conscience. Nothing

can need a lie. It will require courage to tell the truth sometimes; but then I do not know how you are to get to Heaven without being brave. When another person has a right to the truth, and the truth is required of you, tell it, come what may, and leave the rest to God.

#### COURAGE.

All that is noble in our nature shrinks from the coward. Dare to be true. Dare to defend the truth, and God, who is truth, will not forget you. Dare to take the part of the innocent and oppressed, the weak and helpless, when they are wronged. Be ashamed to side with the strong and powerful when they are unkind and oppressive.

Never shrink from danger when it is not of your own seeking, and when it is your duty to incur it for God's sake or the sake of others.

Dare to take the blame upon yourself also when the blame belongs to you. Never



be so mean as to shift it off upon another if it is yours.

One thing harder still in the matter of courage. Do not *fear* to be laughed at. I do not ask you to like it, but it does not matter being laughed at if you are in the right. The laughter soon passes away, but the right remains. By giving in just because you are laughed at, you make yourself quite as bad, most likely worse, and certainly more foolish, than those who have jeered at you.

Countless souls have been lost because they dreaded the laughter of fools, which so soon passed away. What would they not give now for their chance over again, laughter and all? But they cannot have it.

#### CONFESS THE FAITH.

Dare to confess your Faith, if called upon, wherever you are ; or rather, do not dare to deny it in word or deed. To deny the Faith is to deny God.

If you live in a Protestant land, you may find many to sneer at you and your Faith, but that does not matter. They who do this do it from ignorance; they know not what they do. The Faith is dearer to *you* than life, and so it would be to them if they had it. Perhaps, if the good God had given them the Faith, they would have been much better than you are. Do not consider yourself superior to them or better than they. It is a terrible misfortune to be brought up in heresy, without a knowledge of the true Faith.

#### SELFISHNESS.

Do not be greedy or selfish. Few things are more hateful than to see a person who only thinks of himself, his own comfort, his own enjoyment. Such a disposition, given way to, will lead you into many meannesses and sins. Give up gladly your own comfort and convenience for the sake of others. It will make you happier in

this life, and it is a part of the preparation for a happy life in the world to come.

You cannot imagine the Holy CHILD JESUS selfish or greedy, nor His dear Mother, when a child, regardless of the feelings of others.

#### ALMSGIVING.

Do not spend all your pocket-money, however little it may be, upon yourself, or even upon your companions. As a rule, save some for the offertory in church, or for some pious object, or for the poor ; and you will be lending to God, who will repay you in a better way than you can think.

#### OUR BLESSED LADY.

As a safeguard against all kinds of sin I can tell you of no practice so helpful as a steady and loving devotion to our Blessed Lady. She is given to you as a Mother : treat her as one, and both she herself and her dear Son, your Saviour, will be well pleased.

Always wear her scapular and one of her medals. Often say her Rosary, or a part of it. The more you use the Rosary the more you will get to love that devotion, and the more you will learn from it. It is a summary of the whole Gospel, from the announcement of the coming of a Saviour to the crowning of one of the redeemed in Heaven—even Mary herself, the most excellently redeemed, *conceived without sin*, the Virgin Mother, the chosen means by which He came to be the Saviour of the world.

SAINT JOSEPH.

Let devotion to him and a loving trust in him be a part of your imitation of the Holy CHILD JESUS. He is the Foster-father of our Blessed Saviour, and therefore our Foster-father, the Patron of the universal Church.

Remember also your Guardian - angel, who is ever with you, and sees all your

actions and you know not how much of your thoughts.

Whilst he looks upon the FACE of GOD in Heaven, he can always hear you, always cares for you. Do not treat him coldly, as if you did not believe that you had such a glorious companion and friend.

Most Holy CHILD JESUS, save Thy children.

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